


# January 2009 SILVER KEY

Silver Key Senior Services TRANSPORTATION DEPARTMENT 884-2380

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January's Flower is Carnations</p> 	<p>Our Seniors Like to Have Fun</p> 	<p>We Work At Keeping Our Seniors Happy &amp; Healthy</p> 	<p>2009 Is our Year so stay Healthy &amp; Eat Right</p> 	<p>1 Silver Key Senior Services Closed for New Years Day</p> 	<p>2 Carefree Bingo 11-3</p> 	<p>3 I-Hop Breakfast 10-12 &amp; Dollar Tree 1-3 ***</p> 
<p>4 Seniors Enjoying Each Other How Wonderful This Is</p> 	<p>5 Senior Social At Cheyenne Mountain Library 10:30 – 12:30</p> 	<p>6 Arc Uintah 11-2</p> 	<p>7 Wal-Mart Shopping 10-2</p> 	<p>8 Maggie Mae's Lunch 11-1:30</p> 	<p>9 Carefree Bingo 11-3</p> 	<p>10 Village Inn Breakfast 10-12 &amp; Goodwill on S Circle ***</p> 
 <p>Winters Here</p>	<p>12 Ruth Holley Library Craft Club 12:30 -2:30 Bring your craft work</p> 	<p>13 Driver's Training No 8:30 Sr Center Runs</p> 	<p>14 Lunch &amp; Movie at Old Colorado Library 11-2:30 A Space Odyssey</p> 	<p>15 Mall Day Shopping Closest to you 10-2</p> 	<p>16 Whole Foods On Powers 11-1</p> 	<p>17 Keep your sidewalks clear per city ordinance</p> 
<p>18 Holy Trinity Church Lunch 11:30 2:30</p>  <p>***</p>	<p>19 <b>Silver Key Senior Services is closed For Martin Luther King Jr Day</b></p> 	<p>20 SUPER TARGET SHOPPING 10 -2</p> 	<p>21 Lunch &amp; Movie at Old Colorado Library 11-2:30 The Time Machine</p> 	<p>22 Our Seniors Enjoy Dancing &amp; Live Bands Every Thursday At The Sr Center</p> 	<p>23 Carefree Bingo 11-3</p> 	 <p>Snow flakes</p> 
<p>25 Olive Garden 11-1 &amp; First Christian Church Organ Recital 3-5 ***</p> 	<p>26 Leon Gessi Pizza Lunch 11-1:30 Senior Discount</p> 	<p>27 Chamber Recital Series At Packard Hall 6-9 ***</p> 	<p>28 Lunch &amp; Movie at East Library 11-2:30 Mamma Mia!</p> 	<p>29 Please Keep Warm</p>  <p>This Winter</p>	<p>30 We need to be very careful when walking in the snow</p> 	<p>31 Western Omelette Breakfast 8 -10</p>  <p>***</p>

**NOTE: \*\*\* indicates the driver will call you and tell you the pickup time.**  
 "Silver Key Senior Services reserves the right to refuse service to those who are a danger to themselves or to others, or who are disruptive to the provision of service to others."  
 Silver Key Senior Services relies on the generosity of your donations to support our non-profit agency. While we know that living on a fixed income is hard, the alternative of paying market rate for our service would be much more expensive. Help us keep our

doors open so that Colorado Springs and Manitou Springs is the best place in which to grow old.  
**Winter Weather Policy:** If school district 11 is closed, Silver Key Senior Services will be closed. If school district 11 is on a two hour delay, Silver Key will be doing medical appointments only.  
**Events on this calendar are subject to change without notice.**  
**Drivers Needed:** We can use the help in Transportation and Meals on Wheels.  
**If you would like to see the monthly Calendar, just go to [www.silverkey.org](http://www.silverkey.org).**

# January 2009

## Key - Gram

Silver Key Senior Services Transportation Department 884-2380

### The New Year

On New Year's Day, when the singing, fireworks and champagne toasts are over, many of us become more serious about life. We take stock and plan new courses of action to improve our lives. This is best seen in one of the most popular customs and the key to the meaning of New Year's: making resolutions.

On average each American makes 1.8 New Year's resolutions. When the rest of the world is taken into account, the number of people making resolutions skyrockets to hundreds of millions. From New York to Paris to Sydney, interesting similarities arise as shown in two very common resolutions: people wanting to be more attractive by losing weight, and to be healthier by exercising more and smoking less. They want to become better people.

New Year's Day is the most active-minded holiday, because it is the one where people evaluate their lives and plan and resolve to take action. One dramatic example of taking resolutions seriously is the old European custom of: "What one does on this day one will do for the rest of the year." What unites this custom and the more common type of resolutions is that on the first day of the year people take their values more seriously.

Values are not only physical and external. They also can be psychological. Many New Year's resolutions reveal that people want to better themselves by improving psychologically. For example, look at your own resolutions over the years. Haven't they included such vows as: be more patient with your children, improve your self-esteem, be more emotionally open with your husband? Such resolutions express the moral ambitiousness of a person wanting to improve his or her self and life.

What then is the philosophic meaning of New Year's resolutions? Every resolution you make on this day implies that you are in control of your self, that you are not a victim fated by circumstance, controlled by stars, or owned by luck, but that you are an individual who can make choices to change your life. You can learn statistics, ask for that promotion, fight your shyness, search for that marriage partner. Your life is in your own hands.

<i>If your</i> APPOINTMENT TIME IS	<i>Then your</i> PICKUP TIME Is	<i>Then your</i> RETURN TIME Can Be	Zip Codes That have LIMITATIONS
9:30	8:30	10:30 or later	80915
10:00	9:00	11:00 or later	80916
10:30	9:30	12:30 or later	80917
11:00	10:00	12:30 or later	80919
11:30	10:30	1:00 or later	80920
12:00	11:00	1:30 or later	80922
12:30	11:30	2:00 or later	
1:00	11:00	2:30 or later	
1:30	12:30	3:00 or later	
2:00	1:00	3:30 or later	
2:30	1:30	4:00 last trip and you must be ready to go	
3:00	2:00	NONE - It's a One Way Trip	
4:00	3:00	NONE - It's a One Way Trip	
4:30	3:30	NONE - It's a One Way Trip	
<b>5:00 Limited</b>	<b>4:00 Limited</b>	<b>to Southwest side</b>	
<b>to Southwest side</b>	<b>to Southwest side</b>		

Please be ready 15 minutes prior to your scheduled pickup time as the drivers have a 15 minute window to pick you up in. When you call in for a ride, please have all your information ready. Appointment time, Dr. Name, Suite #, Phone #, and location address. If you do not know where you are going, we sure don't know where you are going. Tickets can be called in between 8:30 am and 4:30 pm. Monday through Friday. Recreation Trips can be called in from 1:00 pm to 4:00 pm Monday through Thursday, and please limit your conversations with NIKKI, she has other clients to book. You may cancel a ticket anytime between 7:00 am to 4:45 pm Monday through Friday. Remember when you cancel a ride that has already been scheduled, you have denied someone else the opportunity to ride.

Silver Key Senior Services  
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